THE 2015 SPORTS SCIENCE SUMMIT

AGENDA

13TH - 15TH JANUARY 2015
London, UK
With plenty of opportunity for networking and debate, this informal international meeting will bring you up to date with current research and thinking regarding enhancing performance, together with the application of treatment and prevention of injuries related to sports medicine.

We encourage presentations from the wide spectrum of sports professionals, including physiology, psychology, biomechanics and nutrition.

This event has CPD accreditation

This is a draft agenda
The agenda will be finalised two weeks before the event
www.regonline.co.uk/sports2015
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Lunch

- All the chicken in our lunch buffet is Halal.
- We have a number of dishes that are gluten free.
- We have a range of vegetarian dishes which are separated from the meat and fish dishes.

Frequently asked questions about our events

Is the delegate list available?
Can I have the speakers slides?
Can I have a notepad?
How can I keep up to date with Euroscicon Events?
I don't want my photograph on any Euroscicon promotional material.
Is there WIFI?
Can I have a CPD certificate?
## Agenda

(Talk times include 5 – 10 minutes for questions)

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<td>10:15 – 10:30</td>
<td>Introduction by the Chair</td>
<td>Dr Paula A. Quatromoni, DSc, MS, RD Associate Professor of Nutrition and Epidemiology Sargent College of Health &amp; Rehabilitation Sciences, Boston University, Boston, USA</td>
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<tr>
<td>10:30 – 11:05</td>
<td>Lipolysis during exercise in obesity patients: etiology and magnitude of disturbance and impact of exercise training</td>
<td>Dr. Dominique Hansen, Revalidatie en Inspanningsfysiologie in Inwendige Ziekten, Assistant Professor, Rehabilitation and Exercise Physiology in Internal Diseases, Biomedisch Onderzoeksinstiut (BIOMED), REVAL-Revalidatie Onderzoeksteam, Universiteit Hasselt, Campus Diepenbeek, Agoralaan, Gebouw A, Belgje</td>
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<td>Two Voices: Recovery from Disordered Eating as told by an Elite Male Athlete And His Sports Nutritionist.</td>
<td>Dr Paula A. Quatromoni, DSc, MS, RD Associate Professor of Nutrition and Epidemiology Sargent College of Health &amp; Rehabilitation Sciences, Boston University, Boston, USA Mr David Proctor, Boston University, Manchester, UK</td>
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<td>Introduction by Chair</td>
<td>Dr Johannes HGM van Beek, Section Functional Genomics, Dept Clinical Genetics, VU University medical centre, Van der Boechorststraat 7, 1081BT Amsterdam, The Netherlands</td>
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<td>Dr. Marcelo Paes de Barros, Ph.D., Programa Mestrado/Doutorado Ciências do Movimento Humano Instituto de, Ciências da Atividade Física e do Esporte</td>
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<td>Case Study describing a Dietary Strategy to Increase Muscle Mass and Improve Recovery in an Elite Sprint Kayaker</td>
<td>Dr Karen Reid, Registered Sport and Exercise Nutritionist, Performance Food Ltd, Roehampton University, United Kingdom</td>
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<td>Professor Damian Miles Bailey, FPVRI FRSC FACSM, Neurovascular Research Laboratory, Faculty of Life Sciences and Education, University of South Wales, UK</td>
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<td></td>
<td>Oxygen and our gas guzzling brains; from molecules to medals!</td>
<td>Professor Mickey Scheinowitz, PhD, <a href="mailto:Mickeys@post.tau.ac.il">Mickeys@post.tau.ac.il</a></td>
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<td><strong>Visuo-vestibular mismatch (i.e. motion sickness) and sport performance</strong></td>
<td>Professor Philippe Perrin MD, PhD, University of Lorraine and University Hospital of Nancy, Villers-lès-Nancy, France</td>
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<td><strong>SELF ESTIMATION DIFFERS SIGNIFICANTLY FROM TRI AXIAL ACCELEROMETER MEASURES OF NON EXERCISE GENERAL ACTIVITY OVER 7 DAYS</strong></td>
<td>Dr Derik Davis, M.D., University of Maryland School of Medicine, Department of Diagnostic Radiology &amp; Nuclear Medicine, Musculoskeletal radiology section, Baltimore, MD, US</td>
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<td><strong>Testing of physical performance is common practice</strong></td>
<td>Associate Professor Christer Malm, Head of Sports Medicine Unit, Umeå University, Department of Surgery and Perioperative Medicine, Science Sports Medicine Unit, Gösta Skoglund's väg 3, SE-901 87 Umeå, Sweden</td>
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<td><strong>Evaluation of Australia’s bicycle helmet laws</strong></td>
<td>Mr Colin F Clarke, Right To Ride representenative, East Yorkshire, York, UK</td>
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<td>W. Hemelryck1,2, J. Calistr1, V. Papadopoulou1,2, S. Theunissen1, M. Schnitzle, C. Balestra1</td>
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<td>1 Haute École Paul Henri Spaak, Av Ch Schaller 91, 1160 Brussels, Belgium</td>
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<td>2 Military Hospital “Queen Astrid”, Brussels, Belgium</td>
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<td>3 Imperial College London, London, UK</td>
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<td>4 Fontys University of Applied Sciences, Eindhoven, The Netherlands</td>
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<td><strong>Arthroscopic treatment of primary shoulder instability</strong></td>
<td>Jonas R. Rudzki, M.D., Clinical Assistant Professor of Orthopaedic Surgery The George Washington, University School of Medicine, Chevy Chase, MD, US</td>
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<td>16:00 – 16:20</td>
<td><strong>Protect their knees: examining injury risk in youth sport</strong></td>
<td>Prof Mark De Ste Croix PhD, BA (Ed) Hons, CSci, University of Gloucestershire, Gloucester, UK</td>
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<td>16:20 – 16:40</td>
<td><strong>Mechanisms of head injury in sport and energy management characteristics of helmet technologies</strong></td>
<td>Dr Blaine Hoshizaki PhD, Director, Neurotrauma Impact Science Laboratory, University of Ottawa, Ottawa, Ontario, Canada</td>
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<td>Introduction by the Chair</td>
<td>Mr Greg Robertson, Edinburgh Orthopaedic Trauma Unit / University of Edinburgh, Edinburgh, UK</td>
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<td>Mr Julian Baker, Functional Fascia, ECBS Ltd UK</td>
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<td>Knee Complexes in Involution and its implication on how to avoid graft impingement</td>
<td>Dr. Wangdo Kim, Research Associate, Technical University of Lisbon, Fac Motricidade Humana, Estrada da Costa, Lisbon, Portugal</td>
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<td></td>
<td>12:15 – 12:30 A NOVEL APPROACH TO HAMSTRING TRAINING: IS IT EFFECTIVE?</td>
<td>A Chawla¹; D Payne²; A McGregor²</td>
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<td>¹ Flat 39 St Clements Mansions, Lillie Road, London SW67PQ</td>
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<td>² Department of Surgery and Cancer, Faculty of Medicine, Imperial College London Charing Cross Hospital, London, UK</td>
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<td>Dr Simon Marwood, Senior Lecturer in Physiology, Programme Leader BSc (Hons) Sport &amp; Exercise Science, Health Sciences, Liverpool Hope University, Hope Park, Taggart Avenue, Liverpool, L16 9JD, UK</td>
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<td>E. van der Graaff, M.J.M. Hoozemans, M. Nijhoff, M. Davidson, M. Hoezen, H.E.J. Veeger. Faculty of Human Movement Sciences, MOVE Research Institute Amsterdam, van der Boechorststraat 9, 1081 BT Amsterdam, The Netherlands, +31 20 5984032, <a href="mailto:e.vandergraaff@student.vu.nl">e.vandergraaff@student.vu.nl</a>.</td>
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<td>15:45 - 16:00 CAN MATERIAL AND STRUCTURAL MODIFICATION OF ICE HOCKEY ARENA DASHER BOARDS CHANGE IMPACT CHARACTERISTICS OF BODY CHECKS?</td>
<td>Poutiainen, P., Peltonen, J., Isolehto, J., Avela, J. Neuromuscular Research Center, Department of Biology of Physical Activity PO BOX 35, 40014 University of Jyväskylä, Finland</td>
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<td>16:00 – 16:30</td>
<td>Differences in movements of temporomandibular joints in athletes with and without orofacial injuries</td>
<td>Nikolina Lesic DMD, University of Zagreb Croatia, Trg Francuske Republike Zagreb Croatia</td>
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About the Speakers

Day 1

Dominique Hansen, Revalidatie en Inspanningsfysiologie in Inwendige Ziekten, Assistant Professor, Rehabilitation and Exercise Physiology in Internal Diseases, Biomedisch Onderzoeksinstituut (BIOMED), REVAL-Revalidatie Onderzoeksteam, Universiteit Hasselt, Campus Diepenbeek, Agoralaan, Gebouw A, Belgie

Prof. Dominique works at Hasselt University and Jessa Hospital, Hasselt, Belgium, and is specialized in the rehabilitation of patients with internal disease (especially obesity, type 2 diabetes, and coronary artery disease). He has a special interest in exercise physiology and exercise training of patients with these internal diseases, and within these studies he focusses on insulin sensitivity/glycemic control, body composition, endocrine hormones, and skeletal muscle cell and adipocyte physiology.

Robert Robergs, PhD, Research Professor: Exercise Science, Charles Sturt University, Panorama Drive, Bathurst, NSW, Australia

Paula A. Quatromoni, is a Registered Dietitian and an Associate Professor at Boston University. Her background in clinical nutrition includes expertise in cardiovascular nutrition, obesity, sports nutrition and eating disorders. In 2004, she pioneered the sports nutrition consult service for student athletes at Boston University. She works collaboratively with sports psychology colleagues on research describing the recovery experiences of collegiate athletes suffering from eating disorders. Dr. Quatromoni has a funded research program in adult and childhood obesity and is an investigator on the world renowned Framingham Heart Study. She holds B.S. and M.S. degrees in Nutrition and a Doctorate in Epidemiology.

David Proctor, Boston University, Manchester, UK

Johannes HGM van Beek, Section Functional Genomics, Dept Clinical Genetics, VU University medical centre, Van der Boechorststraat 7, 1081BT Amsterdam, The Netherlands

Hans van Beek develops computer models of physiological processes. He did experimental work on energy metabolism in cardiac muscle and the effects of brain hypoxia on control of ventilation. Presently he investigates energy metabolism in the brain during neurodegeneration and in cancer cells applying computational models.

Marcelo Paes de Barros, Ph.D., Programa Mestrado/Doutorado Ciências do Movimento Humano Instituto de, Ciências da Atividade Física e do Esporte (ICAFE) Universidade Cruzeiro do Sul, São Paulo, Brazil

Dr. Marcelo is a chemist and graduated in Biochemistry in 1998 at University of São Paulo, Brazil. He was a visiting researcher at Shizuoka University, Japan (1999) and also spent two years as a post-doc in Sweden (Stockholm University and Uppsala University) from 2000-2002. Currently, Dr. Barros is a Tenured Professor in Biochemistry at Cruzeiro do Sul University, São Paulo, Brazil. He works with Free Radical Metabolism, particularly with the antiapoptotic, antiinflammatory and neuroprotective effects of the marine carotenoid astaxanthin in animals/humans. He is also investigating accurate redox biomarkers in plasma of athletes to monitor fatigue and post-exercise inflammation.

Karen Reid, Registered Sport and Exercise Nutritionist, Performance Food Ltd, Roehampton University, United Kingdom

Dr Karen Reid has over 20 years’ experience working as a Registered Dietitian and Sports and Exercise Nutritionist at an elite level in sport.

Karen has provided performance nutrition support to both groups and individuals, across a wide range of professional and Olympic sports including, UK Athletics, Welsh Rugby Union, Crystal Palace FC, England Women's Rugby Football Union, England Hockey Association and was the Regional Lead Nutritionist for the EIS in London for 4 years. Karen continues to provide nutrition support to individual athletes and delivers the nutrition component of the Advanced Apprenticeship in Sporting Excellence (AASE) for British Athletics in London and the South East

In 2003 Karen launched her company Performance Food Ltd and website www.performancefood.co.uk providing practical nutrition support for athletes and sports people and a collection of high quality booklets and fact sheets. She has written articles in a number of sports related publications and
contributed to the IOC Legacy document for the 2012 Olympic Games “A Guide to Nutrition and Hydration for Active Healthy Lifestyles” coordinated by Professor Ron Maughan and published by the European Hydration Institute.

Karen has been a tutor on postgraduate courses for Sports Dietitians since 1992 and is currently a Visiting Lecturer at Roehampton University and an Associate Tutor at Cardiff Metropolitan University. She has served on the committee of Sports Dietitians UK (SDUK) and is currently a member of the Registration Committee and assessor for the UK Sport and Exercise Nutrition (SEN) register.

She was awarded her Doctorate in July 2010 entitled: “The promotion of optimal hydration in athletes and sportspeople” and presented an original communication at the British Nutrition Foundation Hydration Conference (London 2010). Karen is a regular presenter at conferences including Primary Care 2013 (May 2013 NEC Birmingham), Nutraformulate (March 2013), the IFST Spring Conference, Nutrition for Olympians at the Leatherhead Food Research Institute (April 2012) and the Nutritionists in Industry Sports Nutrition Conference at Twickenham Rugby Stadium (March 2012).

Harriet Coppock, Shackleton 2015 LIVE!, Charing, United Kingdom
Harriet Coppock is an ultra-distance runner and has been preparing for Antarctica since 2012. Her experience includes glacier training and backcountry skiing with Iceland’s elite Mountain Rescue crew and the infamous Fire & Ice Ultra in 2014, a 250km foot race across Iceland’s glaciers & lava fields. She’ll draw on her studies of Sports Psychology, Performance Nutrition and the expertise of her Personal Trainer to support the team’s success.

Stew Edge, Shackleton 2015 LIVE!, Charing, United Kingdom
Stew Edge has already proven himself in some of the world’s toughest environments by sailing across the Atlantic Ocean & climbing to the top of Mount Everest. Crossing Antarctica is a life long dream, and his knowledge of wind systems and his extensive personal research into the continent will be pivotal in ensuring the team’s success.

Day 2

Damian Miles Bailey, FPVRI FRSC FACSM, Neurovascular Research Laboratory, Faculty of Life Sciences and Education, University of South Wales, UK
Professor Bailey is Chair of Physiology and Biochemistry and Director of the Research Institute of Science and Health where he leads the Neurovascular Research Laboratory. His research interests are focused on understanding the source, mechanisms and consequences of free radical formation and how this affects the cerebrovasculature across the spectrum of health and disease. Professor Bailey has published over 180 manuscripts in some of the highest impact factor peer-reviewed journals and was once himself an international athlete.

Douglas Johnson, ATC, EES, CLS, Senior Vice President, Clinical and Scientific Affairs, Multi Radiance Medical, Solon, OH, US

Philippe Perrin, MD, PhD, University of Lorraine and University Hospital of Nancy, Villers-lès-Nancy, France
Philippe Perrin, MD, Ph.D., is Professor at Université de Lorraine (Physiology and Balance Control) and physician in Oto-Laryngology at the University Hospital of Nancy (France). He is head of the Laboratory Development, Adaptation and Disadvantage (EA 3450 DevAH) at the Université de Lorraine and of the Laboratory for the Analysis of Posture, Equilibrium and Motor Function (LAPEM) at the University Hospital. His research areas are the modifications of balance control strategies as a function of ageing, physical and sporting activities practised, diseases (inner ear, brain, musculoskeletal, etc.), motion sickness susceptibility, dual-tasking and rehabilitation programs.

Derik Davis, M.D., University of Maryland School of Medicine, Department of Diagnostic Radiology & Nuclear Medicine, Musculoskeletal radiology section, Baltimore, MD, US
Derik L. Davis, M.D., is an Assistant Professor at the University of Maryland School of Medicine, Baltimore, Maryland, USA. Dr. Davis is a musculoskeletal radiologist in the Department of Diagnostic Radiology & Nuclear Medicine. His current clinical practice involves diagnostic imaging and image-guided procedures for sports-medicine-related injuries, joint reconstruction, and joint arthropathy of the athlete and non-athlete. Dr. Davis has research interests in bone, joint, muscle, ligament and tendon pathology, and is a principal reviewer for a leading sports medicine journal.
**Mark De Ste Croix**, PhD, BA (Ed) Hons, CSci, Professor of Paediatric Sport and Exercise, Faculty of Applied Sciences Postgraduate Research Director, Co-Director Exercise and Sport Research Centre, University of Gloucestershire, Gloucester, UK

Mark De Ste Croix has worked in the area of paediatric sport and exercise physiology for over 17 years with a specific focus on enhancing our understanding of growth and maturation related changes in muscle strength. Mark studied for his PhD and held a post-doctoral research fellowship post at the world renowned Children’s Health and Exercise Research Centre at the University of Exeter. His early work significantly enhanced our understanding of the age and sex related changes in strength during childhood. Using isokinetic dynamometry and magnetic resonance imaging Mark’s work contributed to a greater understanding of the mechanisms associated with the age related development of muscle strength during childhood. His specific expertise in using isokinetic dynamometry with paediatric populations has contributed towards a national expert statement on assessment and interpretation using Isokinetic dynamometry. Since joining the University of Gloucestershire in 2003 Mark has employed his expertise in paediatric neuromuscular development to explore injury risk in youth sport. This has included securing competitive research grants from both FIFA and UEFA to explore the effects of football match play on injury risk in female youth footballers. Mark has also been commissioned by the English FA to conduct research into injury risk and injury incidence in female youth footballers. Mark also works closely with a number of football clubs around the world including Barcelona, Athletic Club Bilbao, and more locally with Bristol City and Bristol Ladies Academy. Mark has published over 60 articles on the topic in academic peer reviewed journals, co-edited 1 book, written 25 book chapters, presented at over 70 International Conferences and presented keynote lectures at 15 International conferences. Mark is currently the deputy-convenor of the British Association of Sport and Exercise Science special interest group on paediatric sport and exercise, and co-director of the Exercise and Sport Research Centre at the University of Gloucestershire. In this lecture Mark will highlight the importance of understanding growth and
maturation related changes in strength; explore the mechanisms associated with injury risk for youth sport; and propose appropriate pre-habilitation programmes for reducing injury risk.

**Blaine Hoshizaki**, PhD, Director, Neurotrauma Impact Science Laboratory, University of Ottawa, Ottawa, Ontario, Canada

He has 85 scientific publications and 196 presentations describing the mechanism of head injuries and the effectiveness of existing helmets in protecting the brain. As Director of the Neurotrauma Impact Science Laboratory at the University of Ottawa he leads head injury reconstructive research that uses state of the art physical and computational models. His research guides the improvement of preventive measures such as helmet design, standard development and heightens awareness of high risk situations for incurring traumatic brain injury. He participates on numerous standards committees including ISO, ASTM, CSA, NOCSAE as well as Sport Legacy Institute and NCAA concussion committees.

**Day 3**

**Greg Robertson**, Edinburgh Orthopaedic Trauma Unit / University of Edinburgh, Edinburgh, UK

Greg Robertson is a Specialty Trainee in Trauma and Orthopaedic Surgery at the Edinburgh Orthopaedic Trauma Unit, Edinburgh, Scotland. He obtained a First Class Honours Degree in Sports Medicine during Medical School, and following this, has continued to pursue research in the field of Sports Injuries. His current research focuses on the Epidemiology, Management and Outcome of Fractures in Sport. With one of the few comprehensive population-based databases in this area, his studies aim to provide a clearer description of the incidence of fractures in sport, their resultant morbidity and the likelihood and timeframe of return to sport following these injuries.

**Julian Baker**, Functional Fascia, ECBS Ltd UK

Julian Baker has been a physical therapist for over 25 years and teaches connective tissue dissection to post graduate manual therapists at various medical schools around the UK. He is the author of two best selling books on The Bowen Fascial Release Technique, a technique he introduced to the UK from Australia in 1991. A lively speaker, Baker is renowned for his humour and simple, direct approach to explaining function and anatomy. He is in constant demand on the lecture circuit and travels widely throughout the UK and Europe speaking and teaching. He lives and works in Somerset.

**Wangdo Kim**, Research Associate, Technical University of Lisbon, Fac Motricidade Humana, Estrada da Costa, Lisbon, Portugal

Biomechanics Laboratory, Faculty of Human Kinetics, Technical University of Lisbon, Portugal.

His original training was in mechanical engineering; he has a BSc from Seoul National University and a PhD from Lehigh University, Bethlehem, PA, USA. His research interests focused on: Human movement control is assumed localized in internal structures. In this vein, nerve system controls individual muscle, which is basis of conventional approach. The new approach is rather a process is distributed over the performer and environment system; the interaction from individual and the environment regulates movements through muscle synergy or co-activated muscles.

**Simon Marwood**, Senior Lecturer in Physiology, Programme Leader BSc (Hons) Sport & Exercise Science, Health Sciences, Liverpool Hope University, Hope Park, Taggart Avenue, Liverpool, L16 9JD, UK

Dr Marwood is a Senior Lecturer in Physiology at Liverpool Hope University where he is academic lead for the BSc (Hons) Sport & Exercise Science. His research interests relate to skeletal muscle energetics; in particular the "sluggishness" of oxidative metabolism at the onset of exercise, the subsequent relationship with fatigue and the competitive utilisation of fat and carbohydrate.

Away from academia, Dr Marwood is a keen runner and a member of Altrincham & District Athletics Club, having previously represented Great Britain at Modern Pentathlon during international competition at home and abroad.

**Ian Hastings**, TBC

**Nikolina Lesic**, DMD, University of Zagreb Croatia, Trg Francuske Republike, Zagreb Croatia

M.Sc. Nikolina (Dilberovic) Lesic DMD, born on 18th of September 1975 in Zagreb, Croatia where she finished elementary and grammar school. She graduated 2001, at School of Dental Medicine University of Zagreb. Employed in Private practices of PhD. Seifert DMD. She finished Masters degree with thesis: "Orofacial injuries in the selected sample of basketball players". Enrolled PhD program at School of Dental Medicine University of Zagreb, selecting course Sports dental medicine. PhD dissertation is in the progress after a successful thesis defense. As a speaker, she has oral presentations in Croatia, China and Japan on the subject of sports dentistry.
Discussion Sessions

The discussion sessions are an opportunity for informal questions and answers. This is an ideal opportunity to get advice and opinion from experts in this area. This session is not for questions about specific talks, which can be asked after the speakers session, but for discussing either general topics or specific issues.

Session breaks

All breaks and registrations will take place in the exhibition area where there will be lunch and refreshments.

Please try to visit all the exhibition stands during this event. Not only do our sponsors enable Euroscicon to keep the registration fees competitive, but they are also here specifically to talk to you.

Lunch

- All the chicken in our lunch buffet is Halal
- We have a number of dishes that are gluten free
- We have a range of vegetarian dishes which are separated from the meat and fish dishes

Frequently asked questions about our events

Is the delegate list available?
Yes this is available to everyone who attends the event and our sponsors. It is available in real time. To access the list please just log into your registration details or use the QR code on right of the agenda card which is provided on the day of the event. You will not be included in this list if you have opted out and you can do this by logging into your registration details. This list will not be sold or ever give out to third parties.

Can I have the speakers slides?
We cannot give out the slides from our speaker’s presentations as they are deleted immediately after each event. If you require a particular set of slides please approach the speaker. We will however have a meeting report and you will be emailed when this report is published.

Can I have a notepad?
Notepads and pens are provided in the delegate bags and at the registration desk.

How can I keep up to date with Euroscicon Events?
To keep updated on our events and other Life Science News, please sign up for our newsletter at www.eurossciconnews.com

I don’t want my photograph on any Euroscicon promotional material
Please let our tech person know.

Is there WIFI?
Yes, please ask registration for log in details.

Can I have a CPD certificate?
Your CPD certificate will be available after lunch in the exhibition area.

Please remember that EuroSciCon is a small independent company with no subsidies from society memberships or academic rates for venues. We try to be as reasonably priced as possible and our delegate rates are substantially lower than comparable commercial meeting organisations.